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Stretching Into a Growth Opportunity

1. What's an exciting step that is feeling "too big" for you right now? Write about the situation and your feelings.
2. Name a time you took on a good challenge and had good results. How did it feel afterwards?
3. Now with the satisfaction of the above success in mind, now reconsider the current "too big" challenge. Tap into your heart, not just your head, and see what guidance comes to you.
4. What's a small but courageous step you could take towards that big idea? (Such as call someone to learn more.)
5. Will you now set an intention to take that step? Write down your intention below. Tell at least one person. Both the writing and the telling will give you more courage. Try it.

"I intend to..."

Companion article: "When Something Feels Too Big for You, Say Yes" - <http://bit.ly/YoiAE6>

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If something is feeling too hard, it means it's time to ask for help. Work should feel like swimming downstream. Wanna chat? www.valnelson.com/contact

~val ☺